The Lemon Grove REVIEW

SPORTS WEEKLY EAST COUNTY

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Cuyamaca YMCA Comets vaulting their way to victory

by Cynthia O'Neill

They are the rising stars in East County. They flip, walk on their hands and do cartwheels on a 4-inch-wide beam, smiling all the way. The Cuyamaca Comets at the Santee YMCA, the nation's largest YMCA gymnastic center, thrill their spectators.

One such rising star is the petite Natalie Arrieta, an 11-year-old who vaulted to victory at a regional meet on Sept. 21 - 22.

Bubbling over with pride, Natalie's mother, Carol said her daughter won first place in the all-around competition. "She's going to compete in the Sectionals on Nov. 2 - 3, no question about it, with that high score of 34.70. This was her best meet ever."

Natalie was calm beyond her years in thinking about her victory. "I'm very proud of myself and I think I can do it again," She practices nine to 12 hours a week. But she has been somersaulting ever since she can remember.

"The girls (daughters Natalie and Michelle) were constantly tumbling all over the house," Carol Arrieta said. "Just like I did when I was their age."

The YMCA feels like a big family in which the students, staff, instructors and volunteers all play an important part, thanks to Debbie Lenz, its director. "We are very respectful to our students and make themselves feel good about what they're doing. Our students win, and people like hanging out with winners, so they want to join our team," she said.

Devon Gonzales felt so much at home as a gymnastics student at the YMCA that, although 17 years old, she has been an instructor for two years. She teaches everything from beginning classes to routines for the team.

"My ultimate goal is to coach a future national champion, and that won't be hard to do, because there's so much talent in this gym it's unbelievable," said Gonzales.

"The Olympic champions are these girls' idols, not that they want to be them, but they know what it takes to get to such a level, so they keep working harder," explained Lenz.

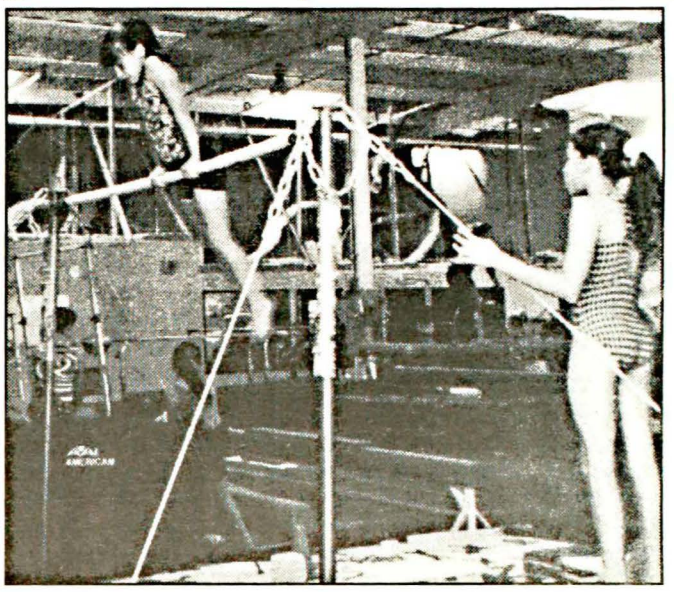
Lenz trains girls to airdance around the uneven parallel bars not so much to get to the Olympics but rather to earn self-confidence. Gymnastics necessitates tremendous self-discipline. "It teaches character development such as responsibility, caring and honesty. We cheer each other on here," said Lenz.

Since 1982, the Santee YMCA has been a program of the Davis-Grossmont YMCA. The gym has recently expanded from 10,000 to 17,000 square feet, encompassing three gyms instead of just one.

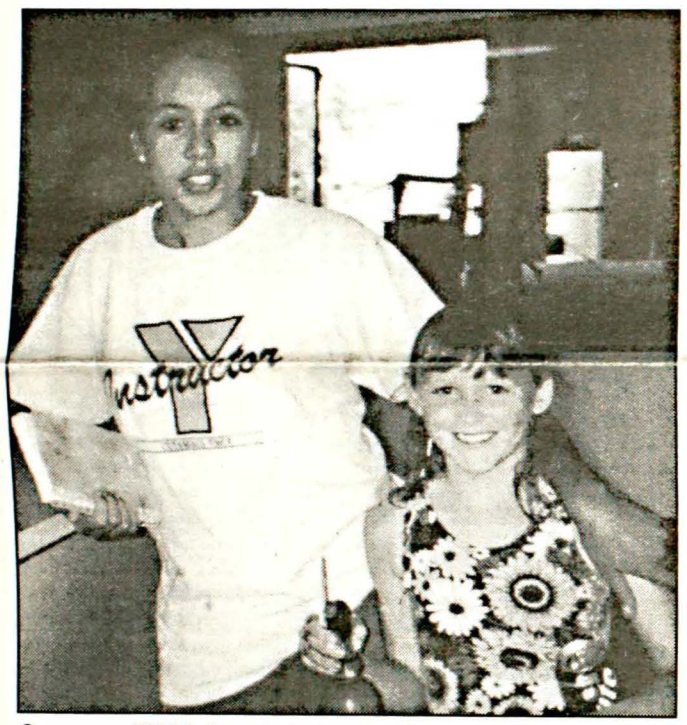
While the majority of students at the YMCA are girls, Lenz believes that there is a stigma attached to gymnastics that boys should not get involved in a girlish sport. "Sure, the girls like to show off, and what they do looks spectacular, but they are strong and have a lot of grace. These girls can take on any guy with sit-ups, for example," said Lenz.

Gymnastics is considered a sport because it's physical and competitive. "It's just prettier to watch," she said. "That's my job as their choreographer – to make it all look good."

With girls like Arrieta, Lenz' job is a snap. Arrieta's 8-year-old sister Michelle cartwheels right behind her, as she has been accepted to try out for the Comets.



Comets' members have to work hard to maintain their high status. Here a youngster works out on the uneven parallel bars with another waiting her turn. *Cynthia O'Neill photo*



Cuyamaca YMCA Comets instructor Devon Gonzales shows off one of the outstanding pupils, Natalie Arrieta, during a practice session at the facility. *Cynthia O'Neill photo*

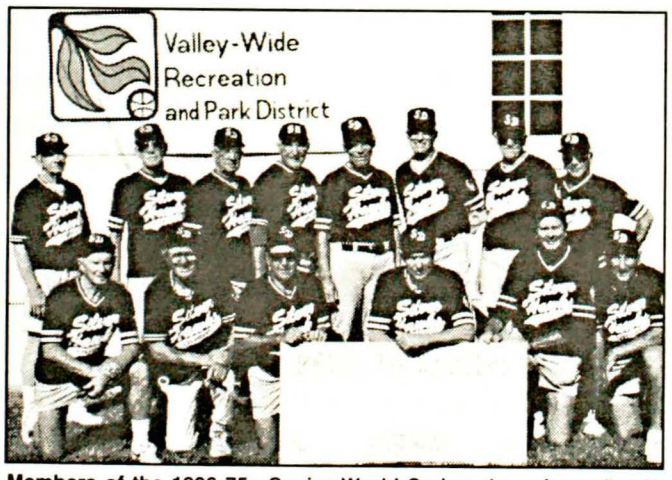
Silver Hawks add another Senior Softball title to the streak

The Southern California Silver Hawks, homebased in San Diego, defeated Orlando, Fla. on Sept. 17 in the championship game to win the 75+ age division at the 8th annual Senior Softball World Series (SSWS) which was held n Canton, Mich.

Starting as the La Mesa 65s and winning the first senior tournament in South Carolina in 1989, the team continued its winning ways in the 70+ division in Detroit in '92, Houston in '93 and Orlando in '94.

This earned some of the players their fifth championship ring in the history of the SSWS. No other team in the series has ever won more than twice.

The 75s, 70s and 65s men and the 50s women's team competed from Sept. 14 - 17, while the 60s, 55s and 50s men played from Sept. 18 - 21. Over 135 teams qualified from throughout the USA and Canada for this tournament.



Members of the 1996 75+ Senior World Series champions: (back) Ken Boylan (no longer on team), Virgil Easton, Ed Cassada, Ralph Lindenmeyer, Rex Finley, Roscoe Speak, Dick Osborn and Bill Morales. (front) Jerry Davison, Maurice Schlesinger, Bob Morales, Phil Seewald, Don Berg and Bill Hogben. Not pictured: Mickey Aguirre, Win Bliss, Don Walsh, Dewitt Hooks and Herc Ranieri. *Don Berg photo*

The Hawks started by winning over three seeded teams from Florida, Virginia and Michigan, then went 5-0 in double elimination, to capture their first 75+ championship.

In the winners' bracket, the team beat the Arizona Silver Foxes, 12-6; the Ohio-based Babes of 1916, 18-1; and Morgan Dentistry of Orlando, 11-3. The team then defeated Arizona, once again, in the winners bracket final, 26-17, to advance to the title game, where the Hawks topped Orlando, 18-15, to take the championship.

Leading the Hawks in batting were pitcher/manage Don Berg of La Mesa (and a former SDSU player) with a .726 batting average and seven runs-batted-in.

He was followed by catcher Jerry Davison at .727, infielder Rex Finley (.600, 6 rbi), 2nd base Mickey Aguirre, also from La Mesa and SDSU (.600), 3rd base Phil Seewald, from El Cajon (9 rbi).

Strong efforts by others on the team included 1st base Dick Osborn (7 rbi) and designated hitter Bill Hogben (.583, 6 rbi). As a team, the Silver Hawks batted .527.

Courtesy pinch running by Ralph Lindenmeyer (76) and Bill Morales (80) helped immensely by giving the starter's legs much needed rest.

Others on the team included left-fielder Ed Cassada, right-fielder Roscoe Speak, designated hitter Maurice Schlesinger, left-centerfielder Dewitt Hooks, shortstop Herc Ranieri right-centerfielder Bob Morales, pitcher/catcher Virgil Easton and infielder Don Walsh.

Besides the team's strong hitting, the defense made many fine plays to help the cause.

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See page 4 for a subscription form.

Where's the ball?

Oops! Ball squirts loose during action in Lemon Grove Recreation flag football game at the Recreation Center. Game on Oct. 5 was between Hurricanes (darker uniform) and Bruins (middle school age). *photo by Marv Rosen*

B Words

by Bob Burns

Character needs to be considered in a president

The latest twist of logic that has arisen in this, the final stage of the presidential campaign, has to do with character. Much has been said about character in the debates between the two major candidates for our highest office. It would seem that there is a decided difference between the two, taking the old and time honored interpretation of the word, at least in my estimation. The concepts of truth, fidelity, holding to ones word and even legality have been either held high or twisted and deprecated as meaningless. If one takes Mr. Webster as gospel, there is clear meaning to these words. If given the current spin by some, it would indicate quite a difference.

We are told now that there are two kinds of character. One is public character, and the other is personal character. Somehow it is implied that there is a cleavage and disassociation between the two and that we can subscribe to one without considering the other as well. Personal character reflects the meaning of the concepts listed above as being literal and a classification of the individuals mores and philosophy of life. One chooses to live according to these concepts in relationship to family, friends, and others in everyday life. The presence of conscience and self evaluation can monitor ones behavior, no matter how it may seem to others.

Public character, on the other hand, depends wholly upon the perception created in the eyes and minds of others. In the process of convincing the public, that one is caring, compassionate and is striving to do good things in behalf of others, then that is the concept to cling to.

The old adage, "actions speak louder than words" would seem to be disregarded and an almost blind credence is given to promises and verbiage that may belie those actions. By claiming to "feel ones pain," or "caring about the sick and elderly," or being some kind of White Knight in opposition to "rascals" who might be contesting a position, the public character is brought into sharp contrast.

I hesitate to use the word "con," but it would seem appropriate where public character is much different to private character. But it would appear that reasonable thinkers would see through it. No matter what a person might promise me, that I would very much like to believe, if he or she is a known liar, then how can I swallow it? If a preacher sermonizes fidelity and honesty, yet practices neither in his or her personal life, how can I be swayed by the homily?

In all that I have read, and learned, in my many years on this earth, it is that teaching and leadership is best by example. "What I say" must be backed up by "what I do." Anyone who will not be willing to do what others are sent to do, or who will not follow the rules accepted by the whole who must obey them, is a sham. Whether it be private or public, the expectations should be the same in qualification for a given task or position. The presidency of the United States of America

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Lemon Grove Almanac

1994 Population: **25,100**
Incorporated: **1977**
Area: **3.75 sq. mi.**
Median income: **$34,399**

Mayor: **Mary Teresa Sessom**
Council: **Thomas Clabby**
Craig Lake
Dwight Shelley
Jeff Jandura
City Manager: **Doug Yount**
Planning Director: **Jim Butler**
City Attorney: **Gloria McLean**
City Clerk: **Christine Taub**
Sheriff's Capt.: **Yolanda Collins**
Fire Chief: **Dale Chamberlain**
Congressional district:
52nd - Duncan Hunter
State Senate district:
40th - Steve Peace
State Assembly district:
77th - Steve Baldwin
Supervisorial district:
2nd - Dianne Jacob

1993 taxable sales: **$1.47 million**

Libraries:	1
Post offices:	1
Parks	4
Recreation centers	1

Read all about it in *the Review!* Subscribe and receive both Thursday's and Tuesday's Sports papers

It's finally done

Ribbon-cutting ceremony: Lemon Grove Mayor, Mary Sessom, and the City's Public Work's Director/City Engineer, Charles Stuck, recognized the completion of San Miguel Avenue street improvements with the cutting of the ribbon at a recent ceremony. Joining them in the ceremony was Councilman Dwight Shelley (left), city staff, Lemon Grove School District officials, SDG&E and residents residing on San Miguel Avenue. The total project costs were $640,000.

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NOTICE OF TRUSTEE'S SALE Trustee Sale No. 96-52862 Title Order No. 8901463 Reference No. 19709167 APN No. 503-300-02-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/05/86. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On October 22, 1996, at 10:00 AM, **Professional Foreclosure Corporation** as the duly appointed Trustee under and pursuant to Deed of Trust, recorded on 12/15/86 as Document No. 86-584793 Book - - Page - - of Official Records in the Office of the Recorder of SAN DIEGO County, California, executed by: JAMES R. DONAHUE AND TERESA M. DONAHUE, HUSBAND AND WIFE AS JOINT TENANTS, as Trustor, OCEANVIEW MORTGAGE CORP., A CALIFORNIA CORPORATION, as Beneficiary. WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: AT THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE AT 220 WEST, BROADWAY, SAN DIEGO, CA., all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: The South 70 Feet of Lot 1, Duda Acres, in the City of Lemon Grove, County of San Diego, State of California, According to Map Thereof No. 2423, Filed in the Office of the County Recorder of San Diego County, September 11, 1947. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 2635 WASHINGTON STREET, LEMON GROVE, CA 92045. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: $90,514.74 Estimated. Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. **Professional Foreclosure Corporation** as Trustee, 5 Hutton Centre Drive, Suite 1050, Santa Ana, CA 92707, Telephone Number: (714) 432-9000, By: TAMMY FALLO, TRUSTEE SALE OFFICER, Date: 09/19/96 NPP0018877 PUB: 10/01/96, 10/08/96, 10/15/96

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Sports Beat
with Greg Eichelberger

Welcome to another edition of "Sports Beat," the column that takes games and leisure, adds an East County perspective, shakes it all up and pours it into a tall, cold glass for you to enjoy ...

While not a theme person, a running idea this week will be champagne and saliva. Not a very nice combination, but they did take center stage last week as, first of all, the St. Louis Cardinals knocked off our Padres in three straight to advance to the National League Championship series (for the first time since 1987).

Now, here's the dilemma. I covered the Padres almost the entire season. I got to know everyone on the team and had a great relationship with the organization. Their success was felt by the entire community, and especially by the over 300,000 fans in this East County area. Consequently, when they won the Western Division title, I was ecstatic.

On the other hand, I grew up in St. Louis and have been a Redbird fan since the late 1960s. I followed them through the horrible years of the mid-1970s, and the glory years (three N.L. pennants) under Whitey Herzog in the '80s. So here I am, like a man born of two fathers, like the East County version of Dr. Jekyll and Mr. Hyde, like a soul splitting in two (is that enough analogies?), trying to root for both squads at the same time. It was settled when Brian Jordan deposited a Trevor Hoffman breaking curve into the left field palm trees, giving St. Louis an incredible 7-5 come-from-behind victory.

Being doused with the bubbly in the winning clubhouse was an experience I'll never forget, but later on I paid a visit to a more subdued venue to congratulate Bruce Bochy and his team for a great and thrilling year. Not that they weren't disappointed at the bitter defeat, but to a man, they were excited about the prospect of an even better season next year ...

Baseball even invaded a city council meeting last week when, in a tribute to the Padres, Lemon Grove City Councilman Tom Clabby handed out buttons which featured a baseball with the words "keep the faith," instead of the opening prayer they usually had at the council meeting.

Now for the ugly in baseball. Since this is my column, then Iwill render my opinion of the Roberto Alomar incident which took place a few weeks ago. Evidently, a called third strike was the straw that broke the camel's back in an ongoing dispute between Baltimore's Alomar and home plate umpire John Hirschbeck. It all ended when Alomar spat in the face of the official, touching off a week-long controversy that overshadowed every aspect of the post-season. Baseball (leaderless and gutless), in its infinite wisdom, gave the second-sacker a measly five-game suspension-to take place *next* year! This sent the umps into a tizzy, and for once I agree with them. Spitting on someone is as low an expression as one could perform. I would rather have someone take a swing at me as to spit on me.

If I were commissioner (and I'm not), I would have slapped the Dominican with a 30-game punishment, fined him $25,000 and barred him from the playoffs. A message has to be sent, and I would have sent it. I would have been the iron boot that squashed this kind of behavior like a small bug. But, alas, since professional sports has no backbone of any kind, such a thing will not happen in my lifetime. Where's that tough commissioner Kennesaw "Mountain" Landis when we need him? ...

Okay, on to some positive news. Local high school football teams managed to notch a few more victories, but only because they were playing against each. Anyway, Helix crushed Santana; Monte Vista continued its losing ways by falling to Laguna Hills, 42-7; Christian nipped Madison; El Capitan thumped Mount Miguel; Cajon Valley shut out Mountain Empire; Valhalla knocked off Grossmont: and West Hills tossed Granite Hills about like a cheap rag doll ...

Is it me, or is Helix High School girls' volleyball team *way* out of line in charging people to attend its games? I'm sorry, but girl volleyball teams should be glad *anyone* comes to watch them play, let alone charge them for it. I'll look into this one a bit further and fill you in on the whys and wherefores ...

Speaking of sports(?), I was at the Lakeside Sheriff's storefront grand opening last week when Frank Hilliker (the heir to the yolk empire) said to me: "If you lost a little weight, you'd be just like Paul Caccamise." (Boy, that's some motivation!) Fellow chamber member, Allen Neibrugge (the roach king) then uttered, "Yeah, maybe you should work out with a couple of dumbbells." I answered, "Sure, whenever you and Frank are ready." They didn't quite get it. But, I did ...

I was perusing another local publication last week, and noticed about 20 photographs of water polo players. It made me wonder if there are any *other* sports going on ...

That's one thing you'll never get in this piece, but then again, I need your information to help fill it up. It's like your mother said, "It's good and good for you." Call me at 390-7103, and we'll talk.

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Major League umpires still angry about Alomar getting off too easy

by Susanne Riddle-Haslinger

Mike Winters (r), a National League umpire, confers with his crew before a recent Padres game. *photo by Greg Eichelberger*

Three Major League umpires were watching a baseball game between the Baltimore Orioles and Cleveland Indians at Carlton Hills Country Club after playing golf.

They had a lot to say about the incident between their peer, umpire John Hirschbeck and Orioles' player, Roberto Alomar, who spit into the face of Hirschbeck and the nation's reaction.

They spoke freely and honestly about the game of baseball and, particularly, about the incident and being an umpire.

Umpires Bruce Froemming, Mike Winters and Steve Rippley, with professionalism, explained why they still feel anger, particularly toward Gene Budig, President of the American League and some of the media.

Though Alomar committed the vile act, the umpires faced a barrage of criticism from the media, the ballplayers and the league for even thinking of threatening to take action in the form of a strike and as so often happens these days in our society, the role of the victim and perpetrator became reversed in the eyes of many.

During a press conference, one reporter snidely asked the umpires why they felt it was necessary to strike, for was it not the baseball players that the fans went to see, not the umpires?

According to Rippley, the question was not only out of line, it was out of sequence.

"I believe in sequence and everything has a line of sequence, including events in the game of baseball," said Rippley.

He said that the umpires were doing their job and followed the correct order and that it should never have gone beyond that.

He said that it had nothing to do with who the fans come to see, but that reporter didn't seem to understand the absurdity of her question.

Though the three umpires all expressed justified outrage, the overwhelming emotion seemed to be shock, mingled with frustration, over the judgement handed down to Alomar.

"The guy gets a five day suspension starting next season and it's really a paid vacation, because he didn't even get fined," Rippley said.

He noted that the top fine Alomar could have received was $500, which is incredibly low for a salary ranging in the millions.

Rippley compared their jobs to judgements made in a courtroom. "No matter what decision is made in a courtroom, nobody would spit into a judge's face, let alone get away with it," Rippley said.

He also spoke highly of baseball fans and said there were no complaints with them, adding, "We have had a great deal of support from fans everywhere and we do appreciate it."

Though Alomar may have been treated easily by the President of the American League, he has been given a harsher sentence by the crowds that fill the stadiums. Fans hurled insults in support of the umpires as he entered or exited the field.

Alomar's offensive actions may overshadow his merit as a great ballplayer and, most likely, will follow him throughout the rest of his career. In this respect, justice may have been served, after all.

Though Rippley admitted umpires have good salaries, he also makes it clear the pay is not even close to that of a ball player and money is not the issue anyway.

Rippley added that the umpires put their whole lives into this game and that they didn't go into it for the ;money, but went into it because they love what they do.

Rippley, who is from Florida, has been an umpire for 23 years, 14 in the Major League. Winters of Poway, was in the minor leagues for seven years and has been in the Majors for the past eight years. Froemming exceeds them both combined as a veteran of 39 years, 26 in the big leagues.

How does one become an umpire? Rippley said there were three schools, all in Florida, with a five-week course. Approximately 150 students are in a class and possibly 15 will be selected for jobs in the minor leagues.

From there, the umpires are scouted in the same fashion as the ball players and some continue working their way to the major leagues. There are 62 umpires in the major leagues and around 175 in the minor leagues.

After 23 years, Rippley has been selected to umpire his first World Series this season.

Though a stressful career at times, the three agreed it is a wonderful and coveted job and even with insults and bad attitudes from players, there is a good balance of harmony and

3rd-place adds up to higher barrel racing standings for Valhalla teacher

by Joe Naiman

Chamane Shellstrom, who teaches math at Valhalla High School when she's not involved in barrel racing, added $48 to her previous earnings of $70 Oct. 6, and can subtract six from nine to figure out how many places she moved up in the West Coast Barrel Racers standings.

Shellstrom, who had been tied for ninth place in the standings, is now in sixth place after her time of 18.22 seconds was good enough for a third-place finish in the Open Division. Since standings are based on money earned, Shellstrom is now ranked sixth – based on the $118 she has earned this season.

An El Capitan graduate, she passed five contenders (including the one with whom she was tied) who had not placed at the event held at Rasco's Arena in Lakeside.

Robin Cary's finish of 18.21 seconds, only 1/100 of a second faster than that of Shellstrom, won Cary $72 to move from 11th place to 4th.

Sue Rogers, who was in first place prior to the October event, won the event with a time of 17.81, earning $97 in the open jackpot.

Although professional rodeo circuits do not allow men in barrel racing competition, the West Coast Barrel Racers allows men to compete. David Burch increased his first-place margin in the Green Horse Under $200 division with a time of 18.32 seconds, nearly a quarter of a second ahead of the second-place finisher.

Roberta Davidson added to her first-place earnings by winning the Green Horse Under $1500 competition in 18.32 seconds.

The Novice category was the only one of the four barrel races in which the first-place racer didn't win the October competition; ninth-place Vanessa Aspin is now in sixth place after a winning time of 18.42 seconds.

Lori Beckwith, who is in second place in the pole bending standings, despite missing two competitions due to an injury to her horse, won her third event of the year with a time of 21.18, 1/100 of a second better than the time of Lisa Upton.

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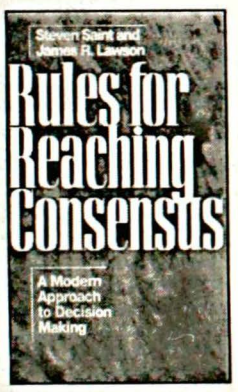

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